

# **Focusing...**

THE INWARD CONNECTION - A STEP TO FREEDOM

A seven session workshop designed to explore the  
FOCUSING process/technique which enables you  
to...

- ❖ ...get in touch with your own true self and with your body's inherent wisdom, creativity and self-healing
- ❖ ...identify & successfully deal with issues you have been carrying
- ❖ ...see more meaningful connections between yourself and all creation
- ❖ ...give meaning & direction to your life

*Each session will give time to...*

- ❖ input
- ❖ learning/using the FOCUSING technique
- ❖ sharing

*When?:* Wednesdays, 2:00 - 3:30 p.m.  
Beginning October 1, 2003

*Where?:* Annex Z (SGW - 2090 Mackay), Room 05

*For more information...*

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